

CLAIMS:

1. A device for pelvic muscle exercises comprising a elastic tube and inner fluid.

5

2. A device for pelvic muscle exercises according to claim 1 wherein there is at least one damping hole in said tube.

3. A device for pelvic muscle exercises according to claim 1 wherein there is at least two  
10 semiellipses in said tube, each said semiellipse joins each other at their two ends.